



North Andover Senior Center Weekly News Article

February 25, 2015

WINTER HEATING SAFETY

The recent extremely cold temperatures have demonstrated the potential dangers associated with utilizing 'alternative' methods to heat your home, particularly if you lose your primary heating source due to a power outage or to lack of fuel. Home fires occur more in winter than in any other season. Many of these home fires are caused by the improper use of space heaters, as well as fireplaces and wood stoves. The [U.S. Fire Administration \(USFA\)](#) advises the following [heating and carbon monoxide](#) tips to help stay safe this winter season:

Portable Heaters

- Only use portable heaters from a recognized testing laboratory.
- Make sure the heater has an automatic shut-off so if it tips over, it shuts off.
- Keep anything that can burn such as bedding, clothing and curtains at least three feet away from the heater.
- Plug portable heaters directly into outlets. Never plug a portable heater into an extension cord or power strip.
- Turn heaters off when going to bed or leaving the room.

Fireplaces

- Keep a glass or metal screen in front of the fireplace to prevent embers or sparks jumping out.
- Do not burn paper in the fireplace.
- Put the fire out before going to sleep or leaving the home.
- Put ashes in a metal container with a lid, outside, at least three feet from the home.

Wood Stoves

- Have the chimney inspected and cleaned each year by a professional.
- Make sure the wood stove is three feet away from anything that can burn.
- Do not burn paper in the wood stove.
- Put the fire out before going to sleep or leaving the home.

Carbon Monoxide

- When using heaters that require fuel, install a carbon monoxide detector.

Courtesy of: Peter W. Judge, Massachusetts Emergency Management Agency

As the weather gets colder and the snow starts to fly, be a Good Neighbor by checking in on friends, older adults and neighbors, particularly those living alone. Our older adults are most susceptible to extreme temperatures caused by power outages.

Grocery Shopping trip returns on Fridays starting March 4th. Pick ups begins 12:30-1:00pm. Limited to seven passengers. Call reception to sign up.

Upcoming Socials:

Men's Breakfast Thursday March 10th: Breakfast begins at 9 am. \$4 at the door. Guest speaker Gerry McGuire, Veterans Director will speak at 9:30.

Tickets go on sale Monday February 29th for the Saint Patrick's Day Luncheon: Co-hosted with State Rep Diana DiZoglio, we will be serving a corn beef and cabbage meal. Tickets are \$7 and must be purchased at time of sign up. Seating is limited to the first (60) North Andover seniors.

Upcoming Socials:

Annual Indoor Flea Market Saturday March 19th: Doors open at 9 am. Come browse tables of jewelry, gently used household items, clothing and you never know what else. Refreshments, and lunch served at reasonable prices. Bake Sale table as well. Call the Program Coordinator if you are interested in renting a table. 978-688-9560

Come to our FIX IT Shop! MR. FIX IT: First and 3rd Thursday of every month from 12-3pm. We repair almost as good as new. Lamps, with cords and sockets, replace watch batteries, small tables and chairs. Anything that is not listed, we will give it a shot! Your cost is \$2 - \$4 depending on work needed, plus parts. Proceeds benefit the Senior Center. **Note March 3rd and March 24th.**

How about joining a new Exercise Class?

Strength Training & Yoga Combo- Mondays 10-11:30a.m.

Tai Chi & Chi Gong- Tuesdays at 9-10a.m.

Joy of Exercise- Thursdays at 10-11am.

Zumba Basic & Fitness- Mondays, Wednesdays and Thursdays at 4:30-5:30pm.

Zumba Gold- Mondays and Wednesdays at 3:30-4:15pm.

ONE ON ONE COMPUTER INSTRUCTION: 45 minute sessions for \$7, Tuesdays with George Chory and Thursdays with Tom Kookan. Hours are 9-12. Make your appointments with reception 978-688-9560. This time can accommodate gadgets, too, if necessary (Phones, Tablets, etc.)

LECTURE SERIES: Every Monday 10-11:30. Call reception 978-688-9560 for the schedule.

NEWS & VIEWS: Every Wednesday at 10-11:30. Come and join in the lively discussion of current events, politics, history and you never know what else?!

MEET WITH AN ATTORNEY: Atty. Bridget Murray, Tuesday March 22nd and Atty. Ramsey Bahrawy, Tuesday March 8th. Schedule with Reception-first consult is free.

Have Visited the Senior Center to Join ANY OF THESE GROUPS?

CHESS CLUB: Tuesdays 1-3.

WOMEN'S FORUM: 4th Thursday of every month, 1:30-3:00

ART CLASS: Tuesdays 1-3 pm, \$60 for 6 classes (*Returns in March)

BOWLING: Wednesdays at Academy Lanes in Bradford. \$8.50 a string.

MAHJONG: Thursdays 1-3 pm.

KNITTING: Tuesdays 9:30 – 11:30. New project "Hats for Vets and Kids"

WELLNESS SERVICES

WALK IN CLINIC: Wednesdays 9-12 pm, the North Andover Senior Center and Home Health Inc/VNA operate a wellness clinic. If you are a North Andover Senior, we urge you to take advantage of this opportunity to check your blood pressure, blood sugar, weight and blood oxygen levels. Consult privately with an RN regarding any medication and health issues that you are concerned about. There is no charge for this service. Donations are gratefully accepted.

MASSAGE THERAPIST: Antonio Chong, MSW, LMT will be at the North Andover Senior Center the 2nd Friday of every month 15 or 30 minute Chair Massage Sessions Available. Call reception for the Next Available Appointment. Special Discount for Senior Citizens.

FOOT CARE: RN Catherine Languedoc, Foot Care Specialist (\$30), 3rd Friday of every month from 8:30-2:30.

WALKING GROUP- Our Walking Group walks at the Youth Center at 9 a.m., Monday through Friday. Athletic shoes required for the gym floor.

Volunteers are the backbone of the North Andover Senior Center, we currently need Medical Transport Volunteers. You can set your own hours. Call the Senior Center for more information. Speak with our Program Coordinator at 688-9560 for an application and assistance.

LOOKING TO GIVE BACK TO THE COMMUNITY?

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